



Raspberry Truffle Brownies

READY IN



115 min.

SERVINGS



55

CALORIES



121 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened divided (6 oz.)
- 0.8 cup butter (1-)
- 3 eggs
- 1 cup flour
- 1 cup planters macadamias coarsely chopped
- 0.3 cup raspberry jam seedless divided
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 2 cups sugar
- 1 tsp vanilla

- 1 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks
- aluminum foil
- microwave
- cutting board

Directions

- Preheat oven to 350F. Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan. Grease foil; set aside. Microwave 4 oz. of the unsweetened chocolate and the butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs and vanilla. Stir in flour and nuts until well blended.
- Spread in prepared pan.
- Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan.
- Spread 1/4 cup of the jam over brownies.
- Chop remaining 2 oz. unsweetened chocolate and the 6 oz. semi-sweet chocolate; set aside. Microwave cream in medium microwaveable bowl on HIGH 1 min. or just until cream comes to boil.
- Add chopped chocolates and the remaining 3 Tbsp. jam; stir until chocolates are completely melted and mixture is well blended.
- Spread over jam layer on brownies. Refrigerate 1 hour or until chocolate glaze is firm. Lift brownies out of pan onto cutting board, using foil handles.
- Cut into 32 pieces.

Nutrition Facts

PROTEIN 4.04% FAT 57.32% CARBS 38.64%

Properties

Glycemic Index:4.73, Glycemic Load:6.92, Inflammation Score:-2, Nutrition Score:2.4495652415182%

Flavonoids

Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg

Nutrients (% of daily need)

Calories: 120.89kcal (6.04%), Fat: 8.06g (12.4%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.43g (4.16%), Sugar: 9.05g (10.05%), Cholesterol: 20.6mg (6.87%), Sodium: 25.92mg (1.13%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.42mg (1.14%), Protein: 1.28g (2.55%), Manganese: 0.23mg (11.56%), Copper: 0.12mg (5.92%), Iron: 0.74mg (4.13%), Magnesium: 14.76mg (3.69%), Vitamin B1: 0.05mg (3.53%), Fiber: 0.8g (3.18%), Selenium: 2.17µg (3.1%), Vitamin A: 154.96IU (3.1%), Phosphorus: 28.95mg (2.89%), Vitamin B2: 0.04mg (2.41%), Zinc: 0.35mg (2.31%), Folate: 6.57µg (1.64%), Potassium: 49.81mg (1.42%), Vitamin B3: 0.25mg (1.23%), Vitamin E: 0.17mg (1.16%), Calcium: 11.11mg (1.11%)